

We claim:

1. A method of increasing fibrinolysis levels in a subject, the method comprising:
    - identifying a subject with at least one 4G allele and/or genotype at the plasminogen activator inhibitor-1 (PAI-1) gene promoter site; and
    - engaging the subject in exercise training for a period of time sufficient to increase fibrinolysis in the subject.
  2. The method of claim 1, wherein the subject has a 4G/5G genotype.
  3. The method of claim 1, wherein the subject has a 4G/4G genotype.
  4. The method of claim 1, wherein the exercise training comprises extensive exercise.
  5. The method of claim 1, wherein the exercise training comprises moderate exercise.
  6. The method of claim 1, wherein the exercise training comprises limited exercise.
4. A method of preventing cardiovascular disease in a subject, the method comprising:
    - identifying a subject with at least one 4G allele and/or genotype at the plasminogen activator inhibitor-1 (PAI-1) gene promoter site; and
    - engaging the subject in exercise training for a period of time sufficient to prevent cardiovascular disease in the subject.
  5. The method of claim 4, wherein the subject has a 4G/5G genotype.
  6. The method of claim 4, wherein the subject has a 4G/4G genotype.

7. The method of claim 4, wherein the exercise training comprises extensive exercise.
8. The method of claim 4, wherein the exercise training comprises moderate exercise.
9. The method of claim 4, wherein the exercise training comprises limited exercise.
10. A method of ameliorating cardiovascular disease in a subject suffering from cardiovascular disease, the method comprising:
  - identifying a subject with at least one 4G allele and/or genotype at the plasminogen activator inhibitor-1 (PAI-1) gene promoter site; and
  - engaging the subject in exercise training for a period of time sufficient to ameliorate cardiovascular disease in the subject.
11. The method of claim 10, wherein the subject has a 4G/5G genotype.
12. The method of claim 10, wherein the subject has a 4G/4G genotype.
13. The method of claim 10, wherein the exercise training comprises extensive exercise.
14. The method of claim 10, wherein the exercise training comprises moderate exercise.
15. The method of claim 10, wherein the exercise training comprises limited exercise.